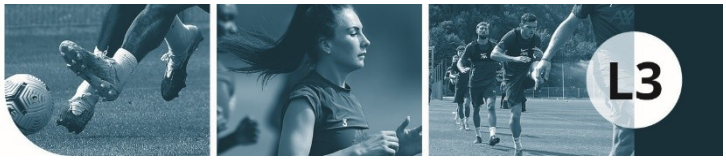
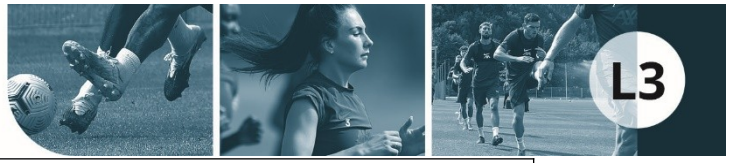


BTEC Assignment Brief

Qualification	Pearson BTEC Level 3 International Qualifications in Sport
Unit number and title	**35 – Practical Sports Performance**
Learning aims	B: Use skills, techniques and tactics in individual or team sport C: Review own performance in an individual or a team sport to inform future development
Assignment title	Using skills techniques and tactics in individual or team sport and reviewing performance of self or other
Assessor	
Issue date	
Hand in deadline	

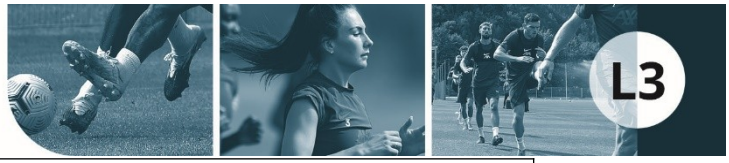
Vocational Scenario or Context	You are a football player for your local clubs second team. You have an interest in improving your own sports performance so that you can try for a place on the first team, it's very competitive and you want to try different skills, techniques and tactics to become the best player you can. The senior club coach asks to watch you train and compete so that they can observe you using a range of skills, techniques and tactics.
Task 1	Photographic/video evidence of learners using skills which can be supported by observation records You will need to carry out a practical demonstration of the skills, techniques and tactics in one individual sport or one team sport. Your participation should be video recorded and clearly show isolated, conditioned and competitive situations that you have participated in. The competitive situation must be refereed/umpired by an appropriate official(s) who accurately apply the laws of the sport. You must demonstrate accurate technical competence as well as appropriate compliance of rules and regulations throughout the competitive situation. You will need to select, apply and adapt the appropriate skill at the correct times and demonstrate the use of effective tactics. **A summary of the content you must cover follows:** **Safe and appropriate practical performance demonstration and participation**



	• This should include the demonstration of skills, techniques and tactics of the selected sports in a controlled environment • Isolated practices • Conditioned practices • Competitive situations • Application of rules and regulations to show effective use of skills and techniques and the correct application of each component • Effective use of skills, techniques and tactics
Checklist of evidence required	Photographic/video evidence of learners using skills which should be supported by observation records which cover the following: • Safe and appropriate practical performance demonstration and participation

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
B.P2	Demonstrate appropriate skills, techniques and tactics in an individual or a team sport.
B.M2	Demonstrate in a competitive situation the effective combination of skills, techniques and tactics in an individual or a team sport.
B.D2	Demonstrate in a competitive situation the effective adaptation of the relevant skills, techniques and tactics for an individual or a team sport.

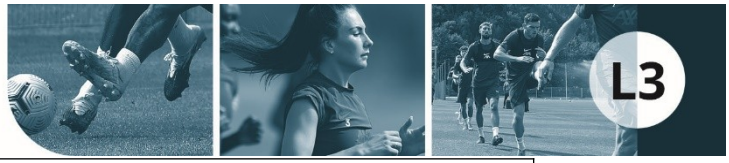
Vocational Scenario or Context	You are a football player for your local clubs second team. You have an interest in improving your own sports performance so that you can try for a place on the first team, it's very competitive and you want to try different skills, techniques and tactics to become the best player you can. You ask the senior club coach has observed you performing skills, techniques and tactics in training and a competitive situation. They have asked you to review your performance and make recommendations for future improvements.
Task 2	A review of performance of self or other with recommendations for improvements You will need to review your own (or others) performance by selecting appropriate assessment methods before completing a self-reflection of your (their) practical performance. You must make judgements on your (their) performance. You will need to create an action plan for improvement and then justify any improvements. The suggested improvements must be relative to the identified weaknesses and clearly show a timeline of progression in an individual or a team sport. **A summary of the suggested content for each section**



	follows: **Section 1: Assessment methods to review the performance of the skills, techniques and tactics in team sports** • SWOT (strengths, weaknesses, opportunities, threats) analysis, performance profiling • Use of technology • Testing • Interviews • Subjective • Observations • Objective performance data **Section 2: Reviewing performance in selected sports** • Using the selected assessment methods • Reviewing the performance **Section 3: Developments to improve performance** • Improvements to performance following the review • Activities to improve performance
Checklist of evidence required	A review of performance of self or other with recommendations for improvements which covers the following: • Assessment methods to review the performance of the skills, techniques and tactics in team sports • Reviewing performance in selected sports • Developments to improve performance

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
C.P3	Review own use of skills, techniques and tactics in an individual or a team sport.
C.P4	Carry out a self-analysis using different methods of assessment identifying strengths and areas for improvement in an individual or aa team sport.
C.M3	Review success of use of skills, techniques and tactics, considering own performance in an individual or a team sport, including feedback gathered, and designing a plan for improvement.
D.D3	Review success of use of skills, techniques and tactics, considering own performance in individual or a team sport, selecting and using feedback to devise realistic and achievable actions for improvement.

Sources of information to support you with this Assignment	**Textbooks** Adams, M. et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2016) ISBN



	9781292134000 Bull S – Sport Psychology: A Self-Help Guide (Crowood, 2004) ISBN 9781852235680 Carling C, Reilly T and Williams A – Performance Assessment for Field Sports: Physiological, Psychological and Match Notational Assessment in Practice (Taylor and Francis, 2008) ISBN 9780415426848 Hall S – Basic Biomechanics (Mcgraw-Hill Education, 2014) ISBN 9781259095535 Hughes M – Essentials of Performance Analysis in Sport (Routledge, 2015) ISBN 9781138022997 Hughes M and Franks I – Notational Analysis of Sport (Routledge, 2004) ISBN 9780415290050 Jones R, Hughes M and Kieran Kingston K – An Introduction to Sports Coaching: From Science and Theory to Practice (Routledge, 2013) ISBN 9780415694919 O'Donoghue P – An Introduction to Performance Analysis of Sport (Routledge, 2014) ISBN 9780415739863
Other assessment materials attached to this Assignment Brief	Observation records